

Meatloaf15

Number of Servings: 15 (145.62 g per serving)

Amount	Measure	Ingredient
3.00	lb	Beef, ground, hamburger, raw, 10% fat
3 5/8	pce	Bread, multigrain
1 1/4	cup	Milk, nonfat/skim, w/add vit A & D
3 5/8	ea	Eggs, whole, raw, lrg
2/3	cup	Onion, white, fresh, chpd
5/8	tsp	Salt, table, iodized
1/4	tsp	Spice, pepper, black
6 1/2	Tbs	Catsup

Nutrients per serving

Nutrition Facts			
Serving Size (146g)			
Servings Per Container			
Amount Per Serving			
Calories 220		Calories from Fat 100	
		% Daily Value*	
Total Fat 11g			17%
Saturated Fat 4g			20%
Trans Fat 0.5g			
Cholesterol 110mg			37%
Sodium 290mg			12%
Total Carbohydrate 7g			2%
Dietary Fiber 1g			4%
Sugars 3g			
Protein 22g			
Vitamin A 4% • Vitamin C 2%			
Calcium 4% • Iron 15%			
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:			
	Calories:	2,000	2,500
Total Fat	Less than	65g	80g
Saturated Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300 mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g
Calories per gram:			
Fat 9 • Carbohydrate 4 • Protein 4			

Instructions

Potentially Hazardous Food. Food Safety Standards: Hold food for service at internal temperature above 140 degrees F.

Cube bread and mix all ingredients, except catsup, on low speed until blended, using flat beater. Do not overmix. Press meat mixture into 5X9" pans (1 pan for each 2# of ground beef).

Spread catsup over top of meatloaf. Bake at 325 degrees F for approximately 1 1/2 hours, or until internal temperature reaches 180 degrees F.

Meatloaf may also be made in counter pan but depending on amount baking time may need to be increased.

Portion into # portions listed for Yield above. Serve with metal spatula or tongs.

1 serving = 2 oz meat/meat subst

1 serving = 7 grams CHO = 1/2 Carb Serving